

Recovery

Kentucky

Three green maple leaves are positioned to the right of the word "Kentucky". One leaf is at the top right, another is below it, and a third is further down and to the left, near the end of the word "Kentucky".

What is Recovery Kentucky?

- Initiative to help Kentuckians recover from substance abuse that often leads to chronic homelessness.
- Studies indicate that substance addiction is one of the leading causes of homelessness in the Commonwealth.

Who Will Be Served?

- Homeless
- At risk of homelessness
- Referrals from judicial system

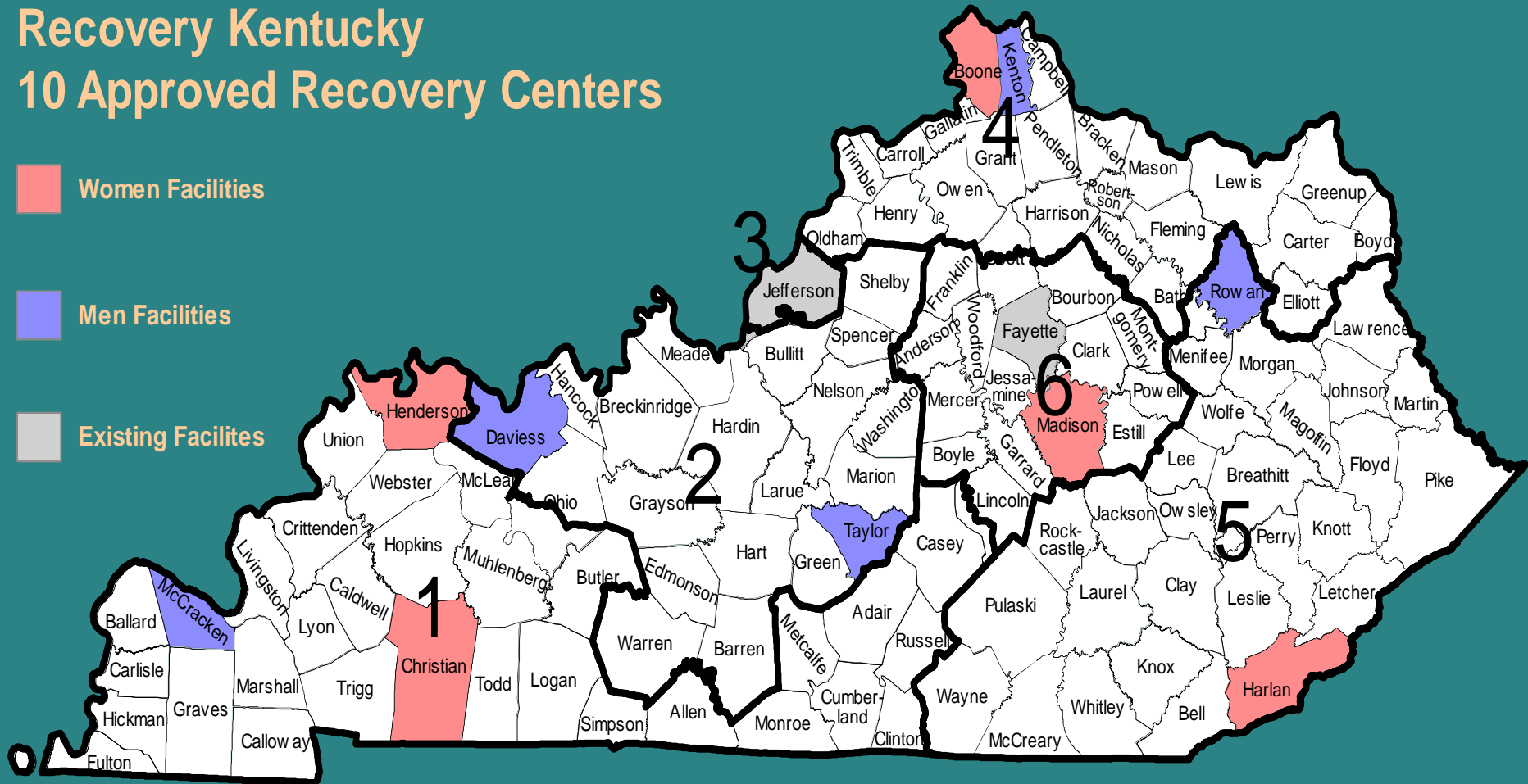
Locations

Recovery Kentucky 10 Approved Recovery Centers

 Women Facilities

 Men Facilities

 Existing Facilities



Owensboro Regional Recovery Center for Men



Cumberland Hope Community Center for Women (Harlan County)



Owensboro Regional Recovery Center for Men Lobby



CenterPoint for Men (Paducah) SOS Dorm Room



Cumberland Hope Community Center for Women (Harlan Co.) Semi-Private Room



Liberty Place for Women Entrance



Sober Living, Supportive Housing Model

- Self-help
- Education
- Personal accountability
- Community accountability
- Vocational support
- Positive behavior change

Recovery Kentucky Model

- Twelve Steps of Alcoholics Anonymous
- Recovery Dynamics
- Residents may live up to 24 months in supportive housing recovery program

Recovery Kentucky

- Peer driven, but supervised by professional staff.
- Education and self-help programs help residents focus on internal changes in attitude, errors in thinking, and ultimately behavioral change that supports a drug-free life.

Principles of a Social Model Program

- Peer Mentors and program participants help run the program with professional staff support
- Physical environment is home-like, not institutional.

Critical Elements of the Model

- 1. Guide & direct client through the 12 Steps
- 2. Teach “Recovery Dynamics”
- 3. Hybrid therapeutic community
- 4. Role model social skills & positive change
- 5. Accountability 24/7 self & others

Critical Elements

- 6. Keep focus on recovery first
- 7. Ownership of the disease
- 8. Empowerment/self-determination
- 9. Attraction
- 10. Self-governance
- 11. Peer teaching
- 12. Working with others

Critical Elements

- 13. Sharing experience, strength, & hope

Recovery Center Outcome Study

2017 Report

14 of the currently established Recovery Kentucky programs participate in the independently conducted Recovery Center Outcome Study (RCOS)

- ⬢ Healing Place – Women’s Program
- ⬢ Women’s Addiction Recovery Manor
- ⬢ Cumberland Hope Community Center for Women
- ⬢ Hope Center for Women
- ⬢ Brighton Recovery Center for Women
- ⬢ Liberty Place Recovery Center for Women
- ⬢ Trilogy Center for Women



- ⬢ CenterPoint Recovery Center for Men
- ⬢ George Privett Recovery Center for Men
- ⬢ Morehead Inspiration Center for Men
- ⬢ Owensboro Regional Recovery Center for Men
- ⬢ The Healing Place of Campbellsville
- ⬢ Healing Place – Men’s Program
- ⬢ Grateful Life Center for Men

1,922

intakes July
2014 to June
2015 (FY15)

289

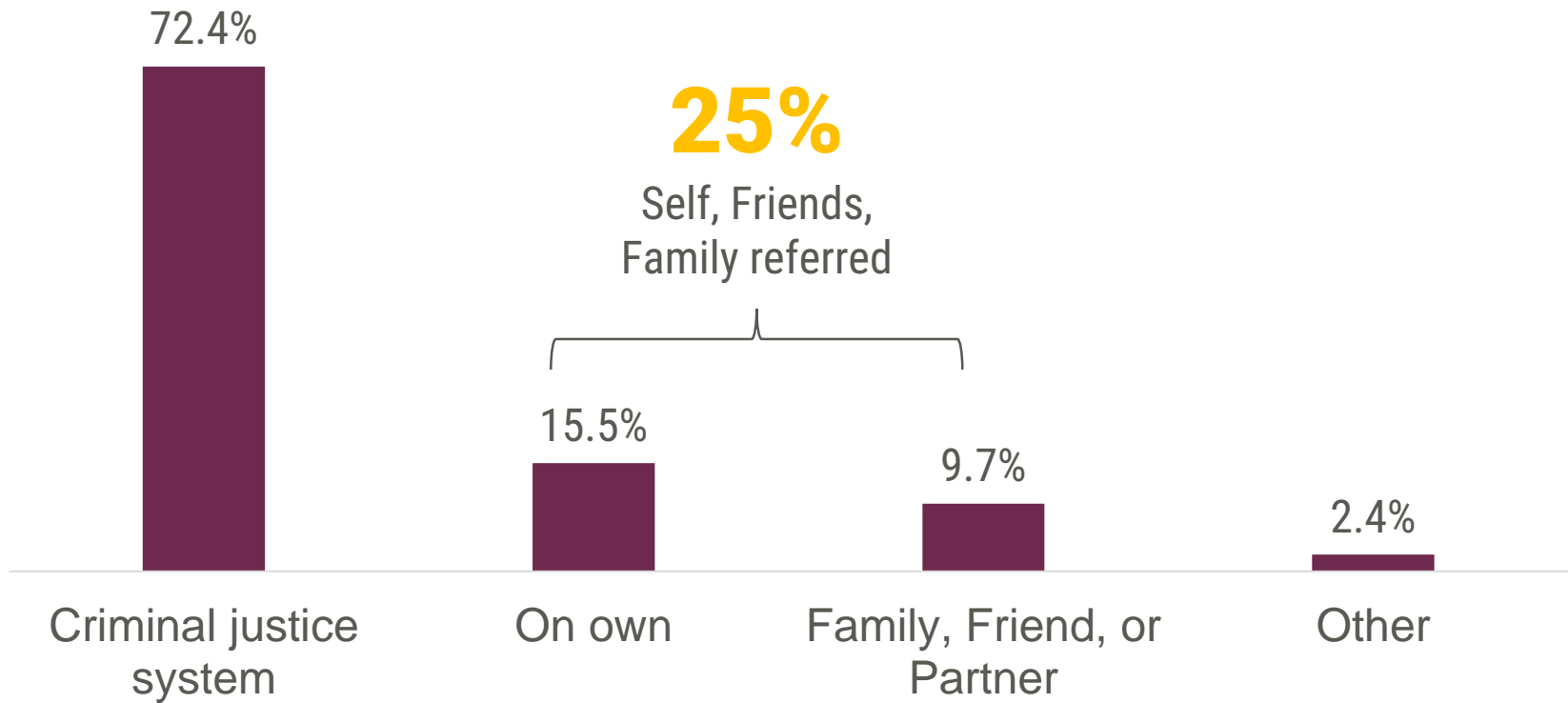
follow-ups
July 2015 to
June 2016
(FY16)

Intakes are collected at
Phase I *before entry into
the Recovery Center*



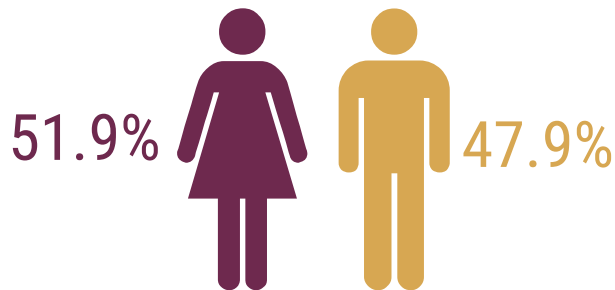
Overall Client Characteristics (n = 1922)

Referred by

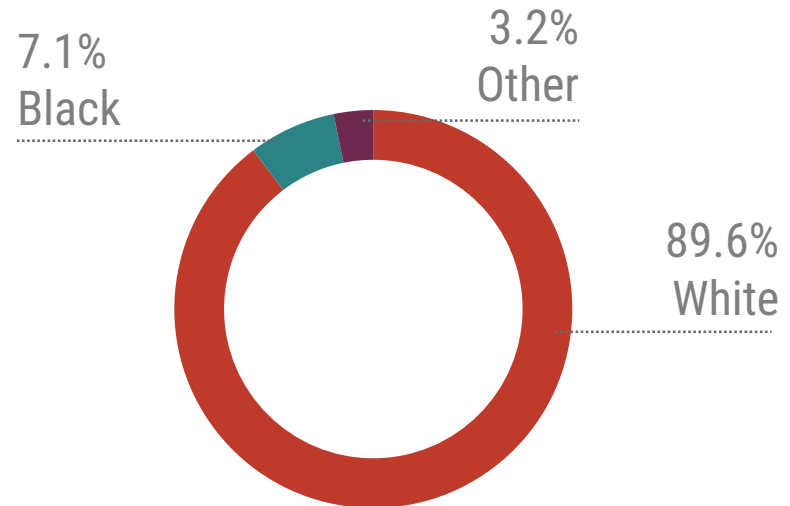


Characteristics of all clients at intake (n = 1,922)

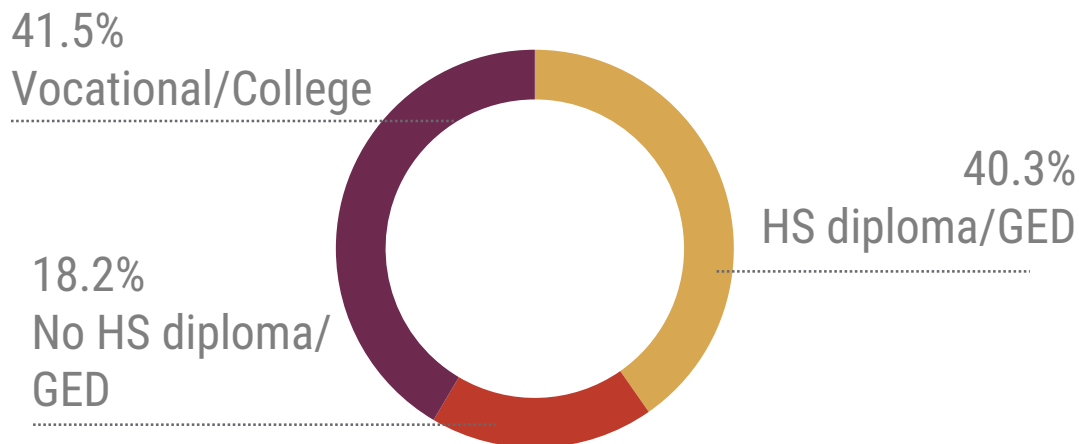
Gender



Race

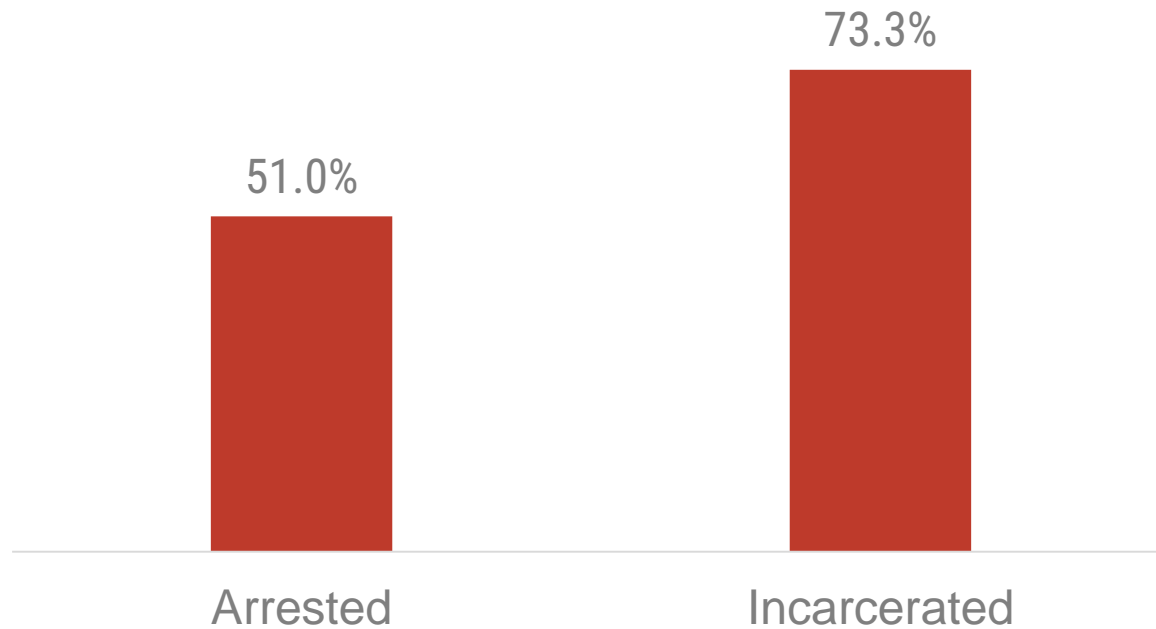


Education

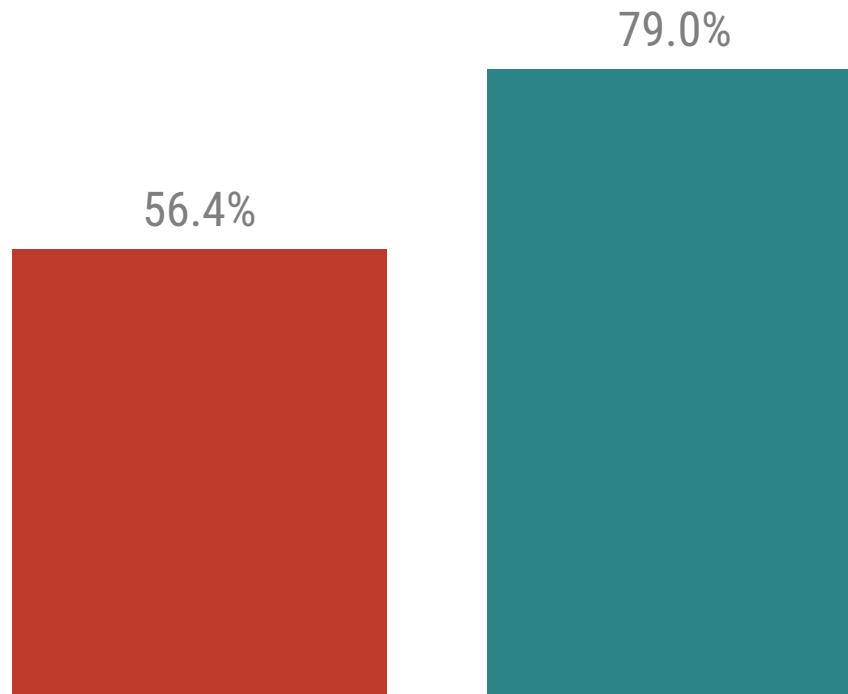


33 years
Mean Age
(18-76)

Criminal Justice Involvement



30 Day Substance Use



Past 30 Day Use (N = 1,039)

■ Alcohol ■ Illegal Drugs

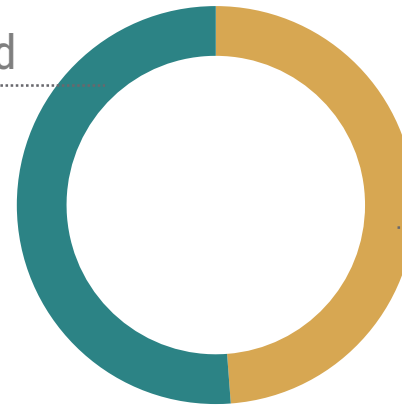
The background of the slide is an abstract, textured composition. The top half features warm, earthy tones of red, orange, and yellow, with a grainy, painterly texture. A solid teal band runs horizontally across the middle, serving as a backdrop for the text. The bottom half of the slide continues the abstract theme with cooler, more varied colors including blue, purple, and green, also with a textured appearance.

Followed up sample (n=289)

Characteristics of clients who were followed-up (n = 289)

REFERRAL

51.2%
Not DOC-referred



48.8%
Referred by DOC

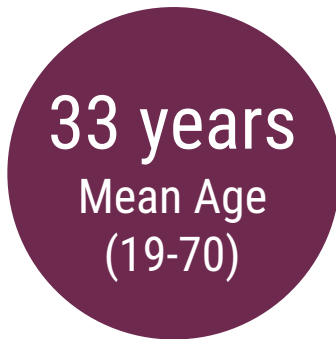
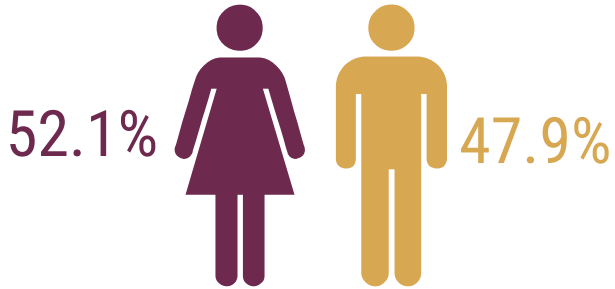
AVERAGE LENGTH OF SERVICE



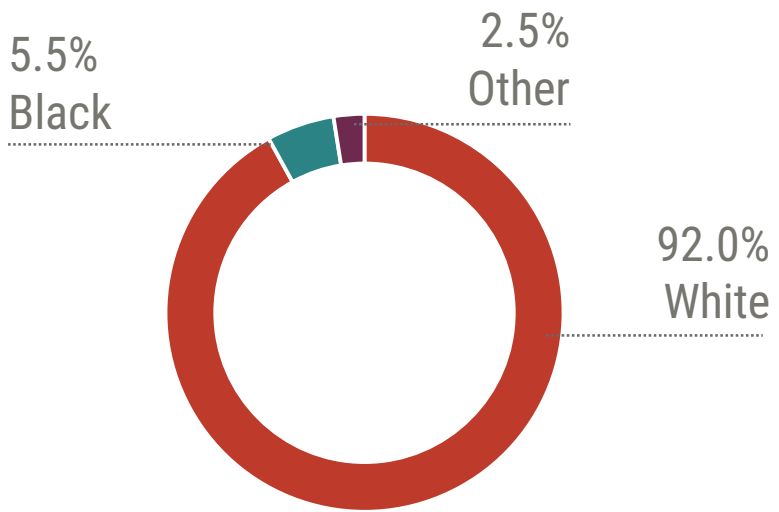
219
days

**Characteristics
of clients who
were followed-up
(n = 289)**

Gender



Race



Substance Use

(past 6 months)

Not in a Controlled Environment (n = 263)

Substance Use

(6 months before intake and follow-up)

Any illegal drug use

↓74.1%***



85.9%
intake



11.8%
follow-up

Any alcohol use

↓51.3%***



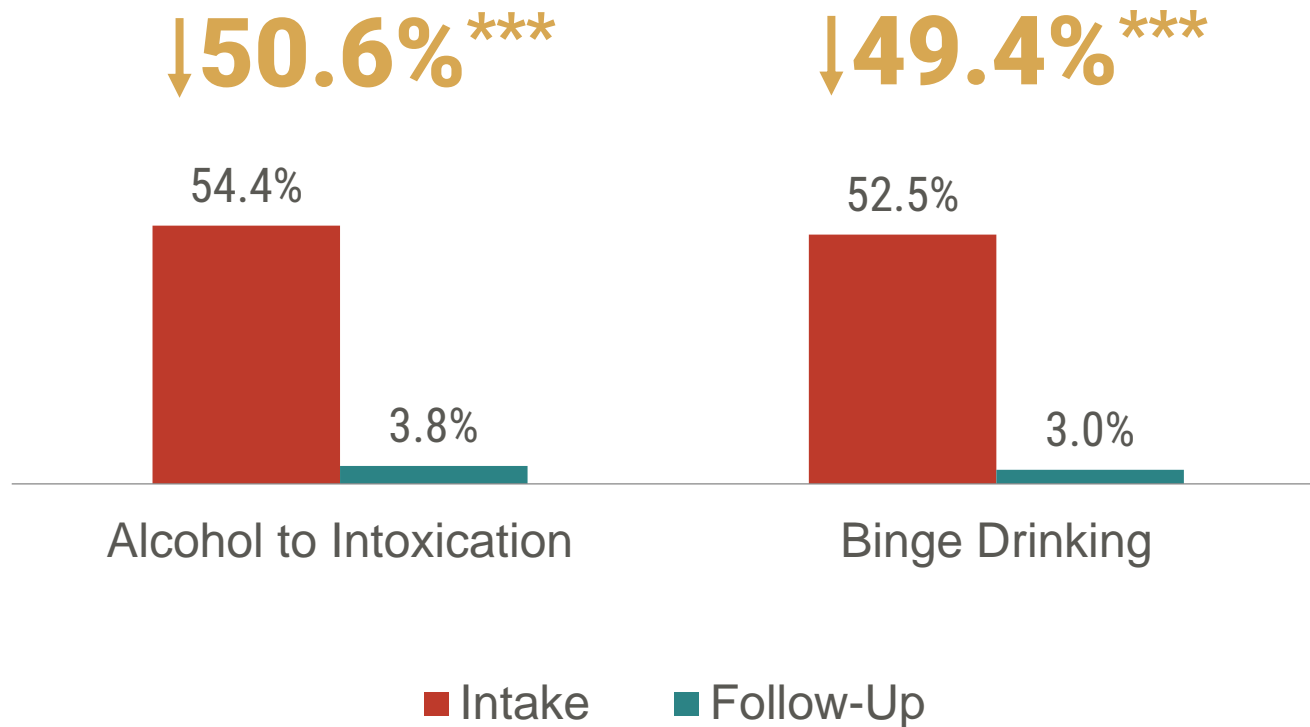
62.4%
intake



11.0%
follow-up

Substance Use

(6 months before intake and follow-up)



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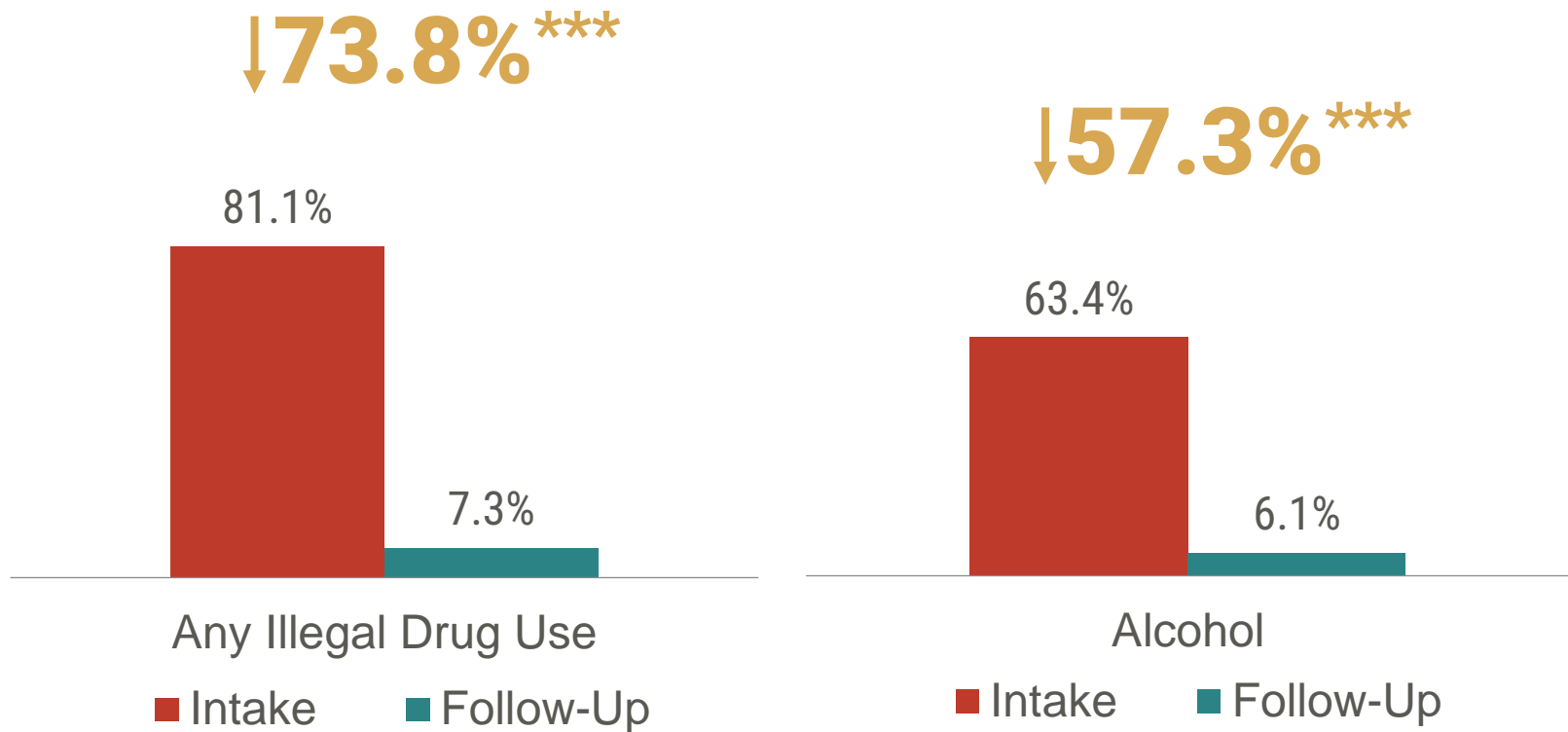
Substance Use

(past-30-day)

Not in a Controlled Environment (n = 164)

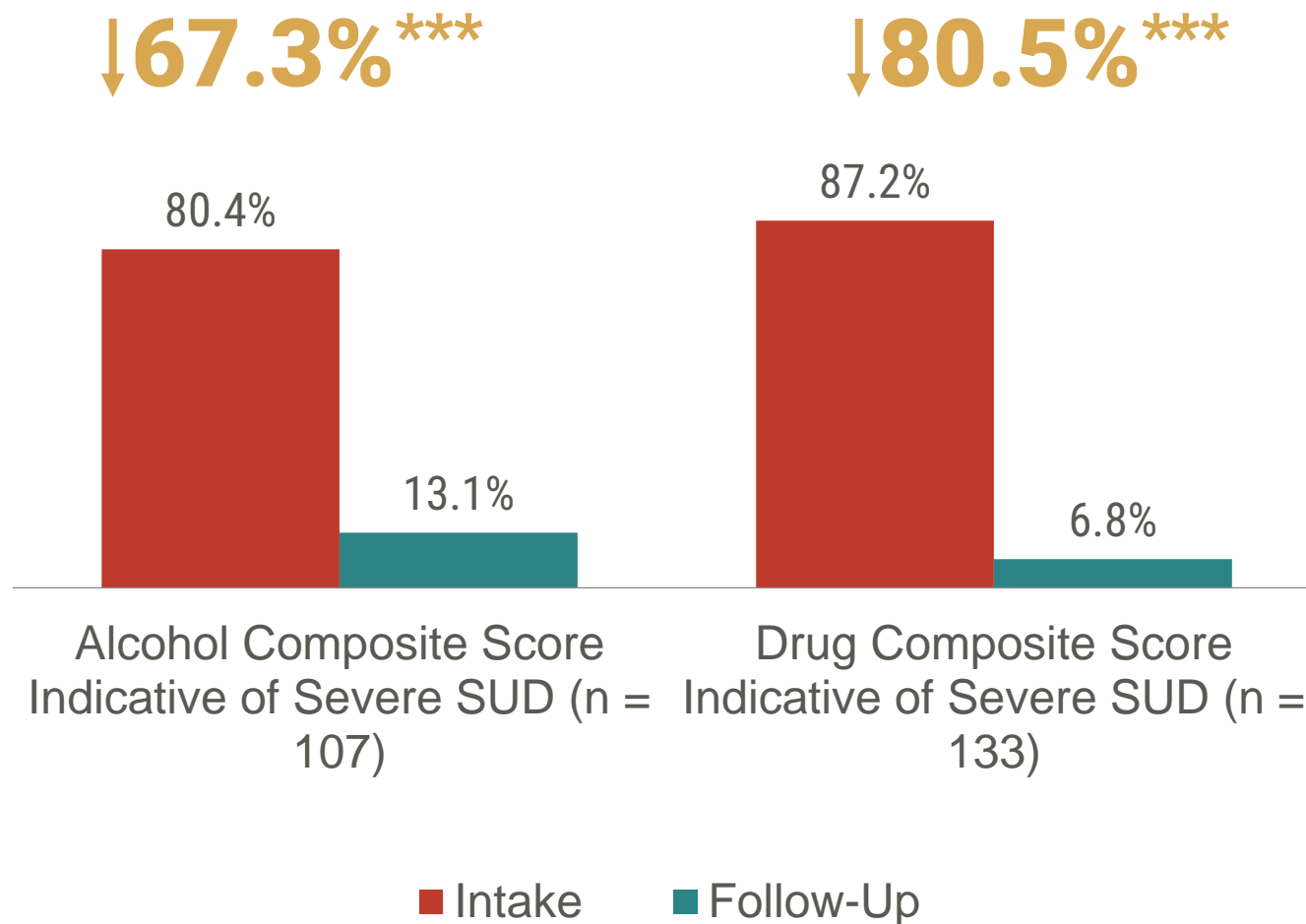
Substance Use

(past 30 days at intake and follow-up)



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Change in Self-Reported Substance Use Severity



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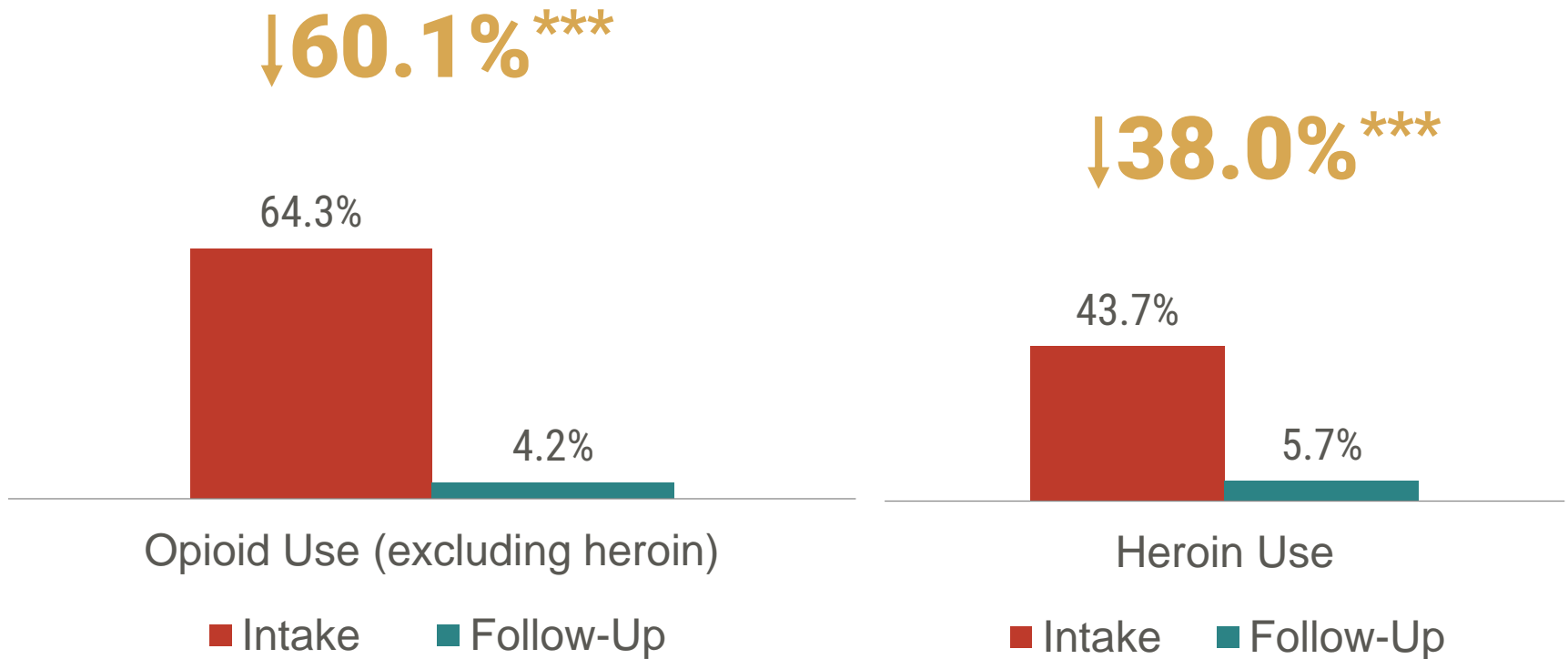
Multivariate analysis



Opioid versus Heroin

Substance Use

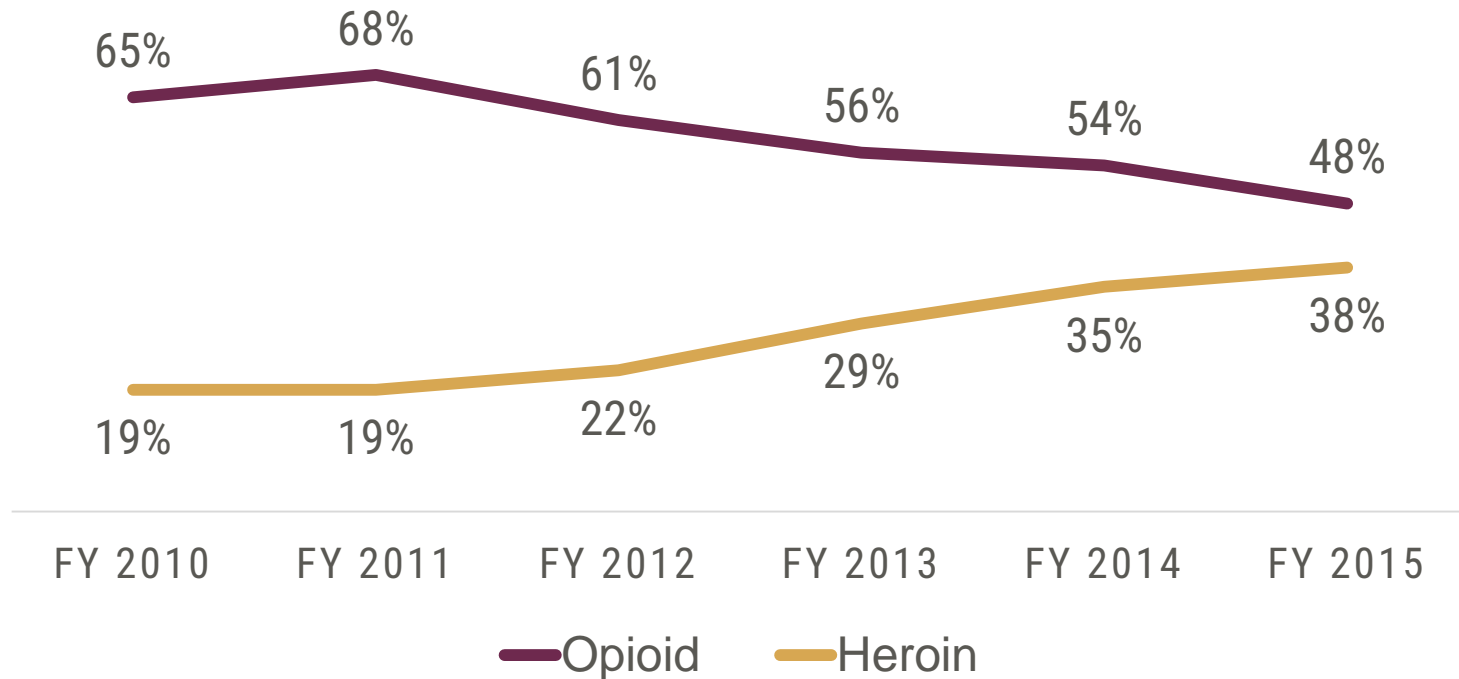
(6 months before intake and follow-up)



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Trend Alert

12 months/6 months before entering the Recovery Center

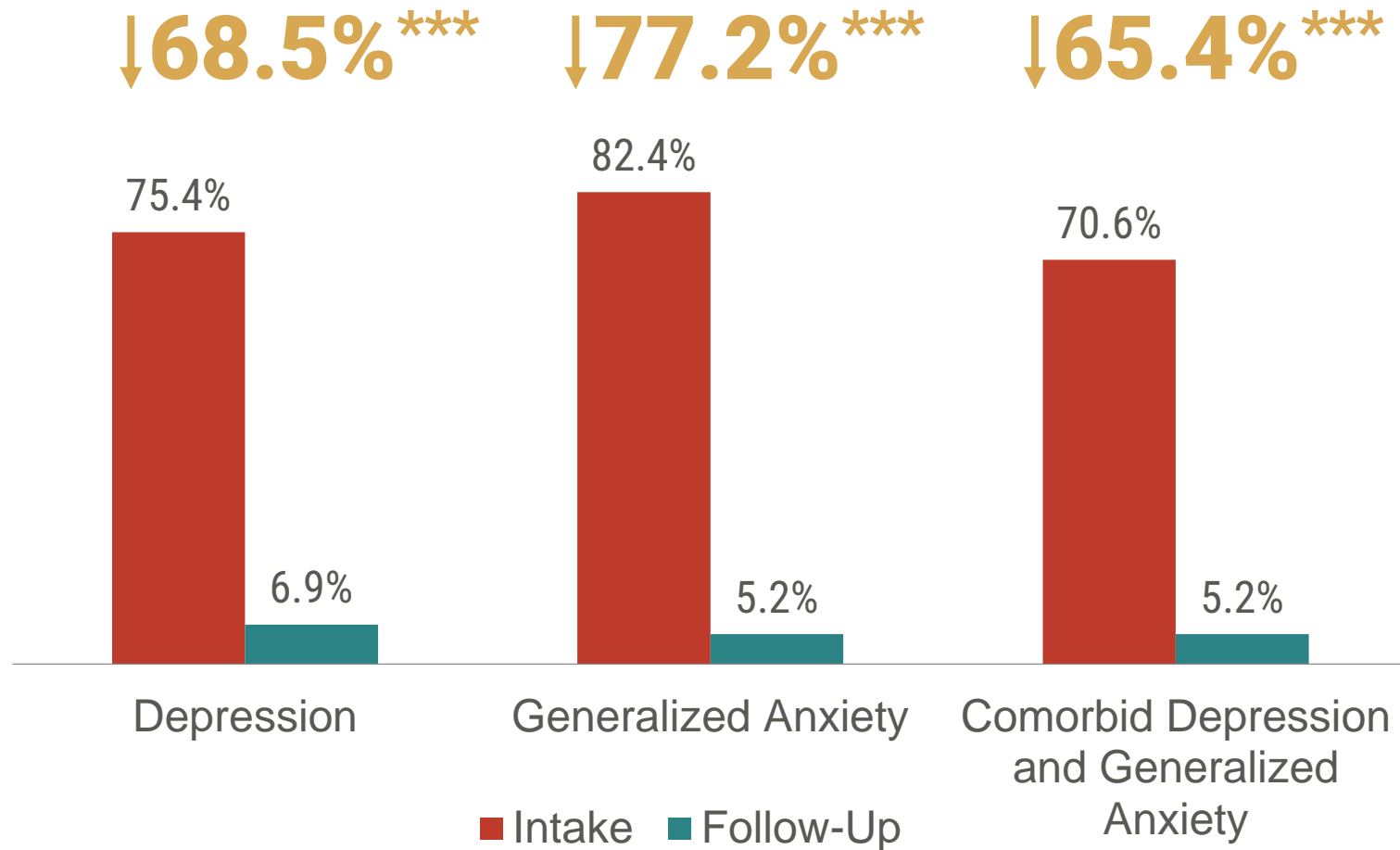


Mental Health and Stress

(past 6 months)

Mental Health

(6 months before intake and follow-up)

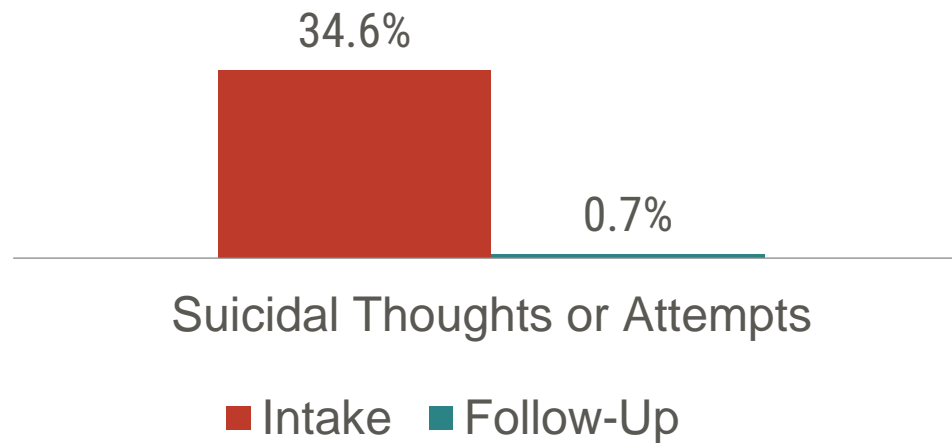


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Mental Health

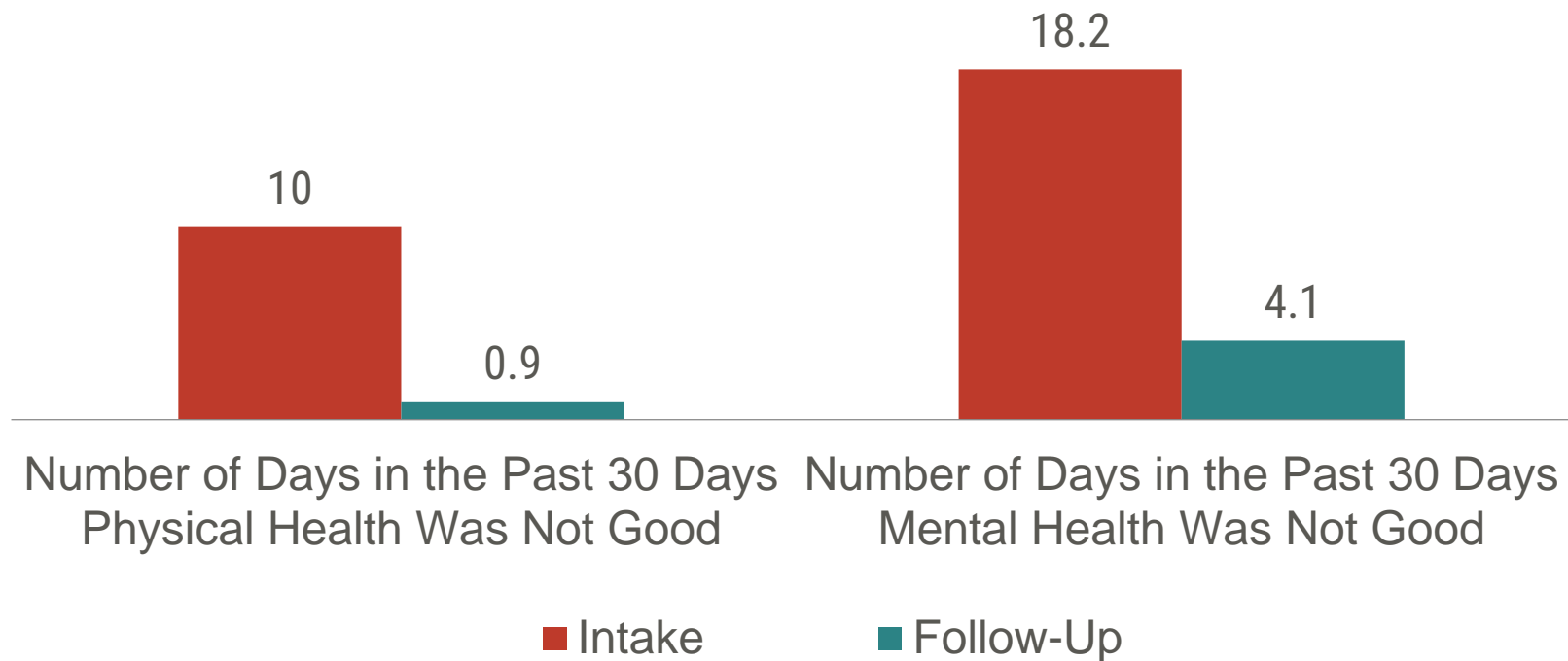
(6 months before intake and follow-up)

↓33.9%***



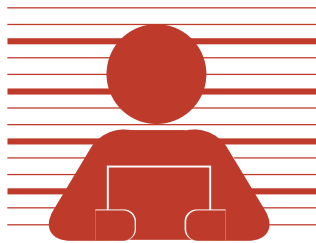
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Days Health and Mental Health was Not Good



Criminal Justice System Involvement (past 6 months)

Involvement in the Criminal Justice System from Intake to Follow-up



52.2%
of clients
reported at least
one arrest at
intake



69.4%
of clients reported at
least one night of
incarceration at intake

↓50.9%***



1.4%
of clients
reported at least
one arrest at
follow-up

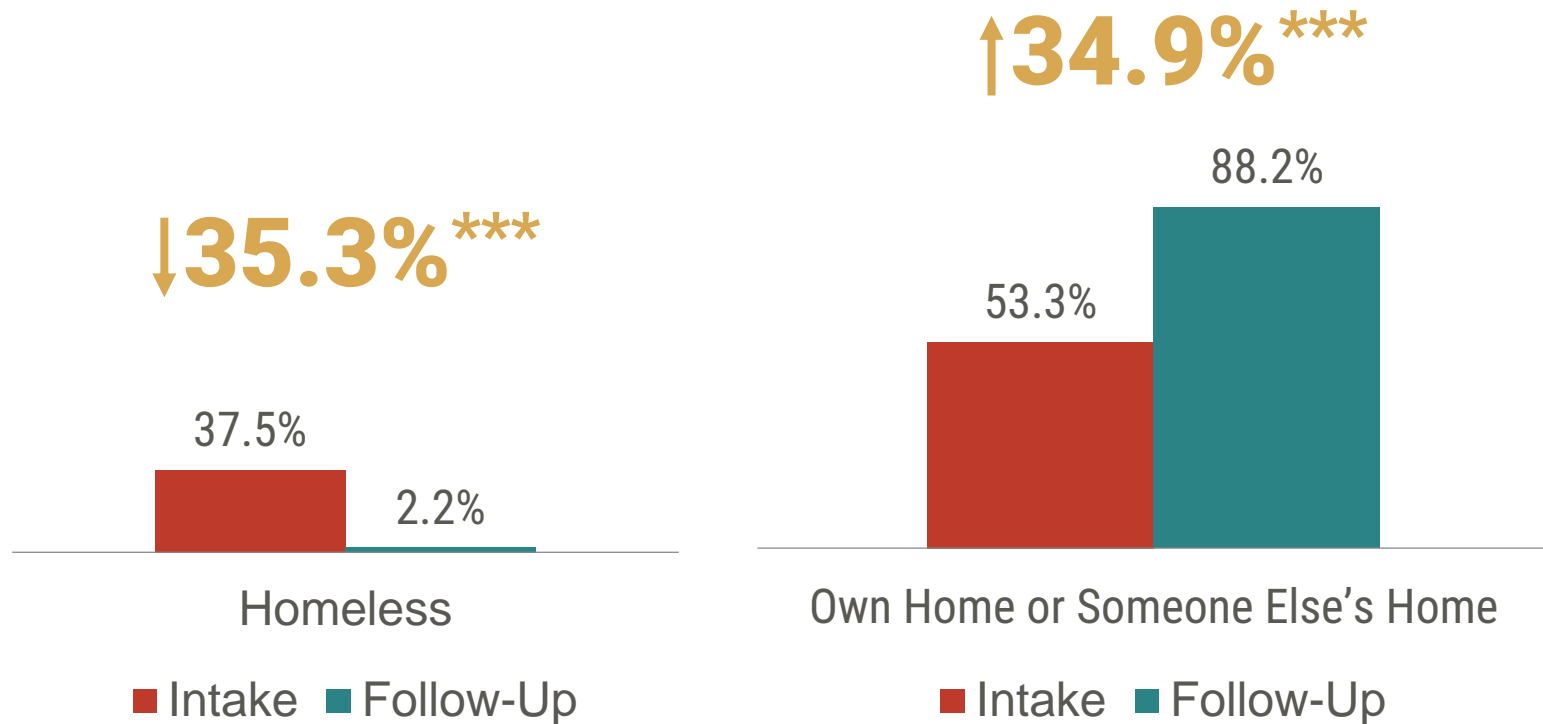
↓58.7%***



10.8%
of clients reported at
least one night of
incarceration at
follow-up

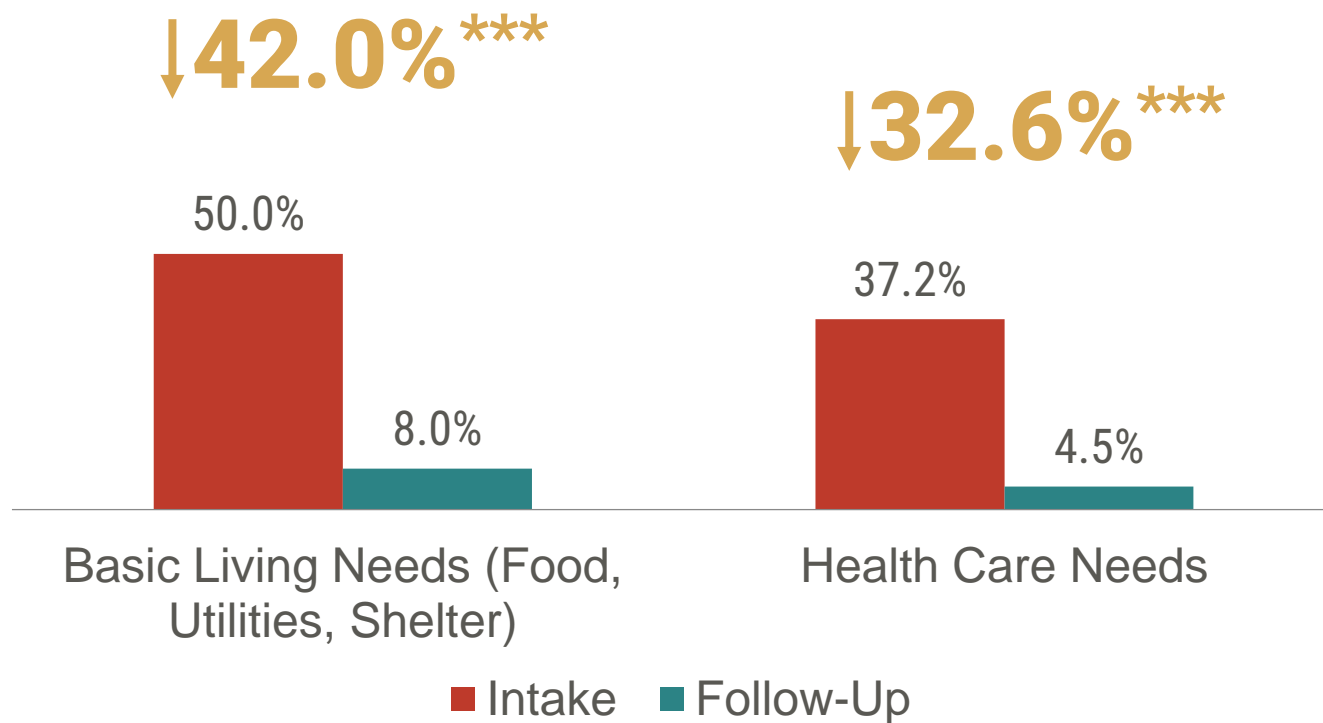
Living Situation and Economic Hardship

Homelessness and Past-30-Day Living Situation



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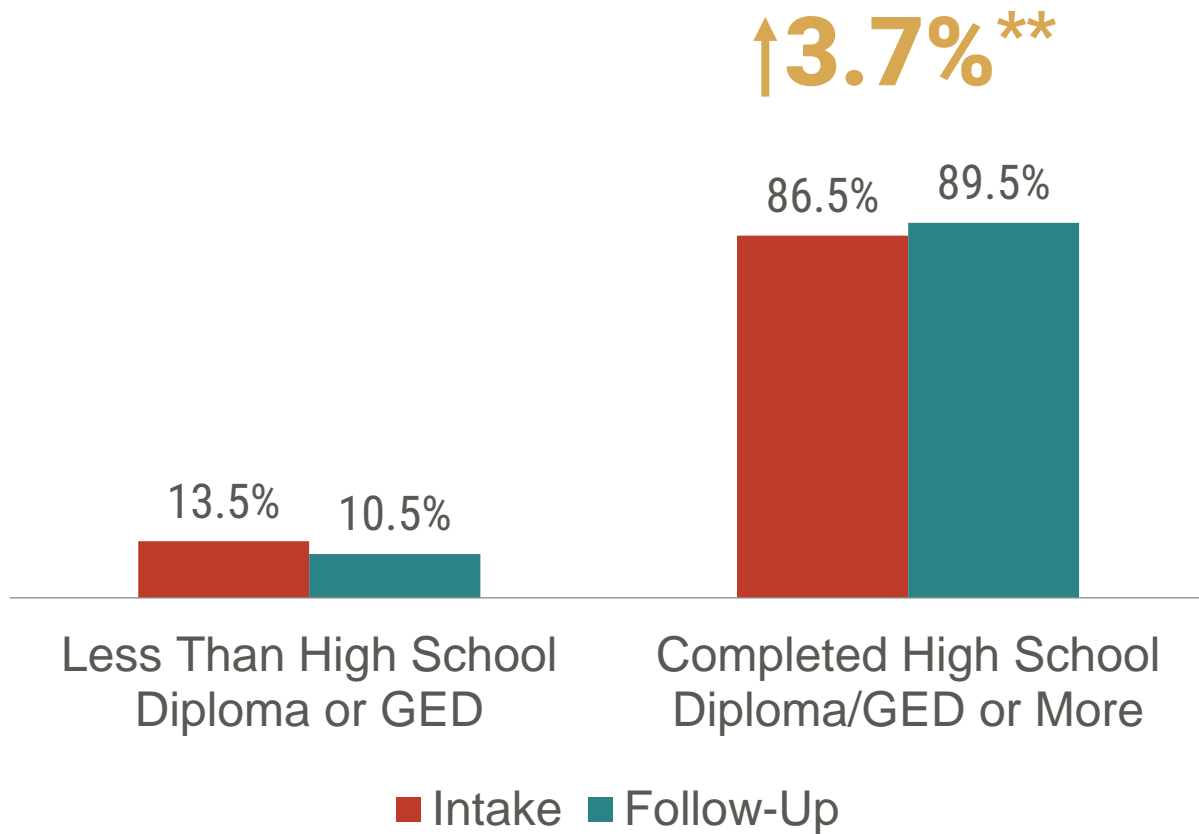
Difficulty in meeting needs for financial reasons



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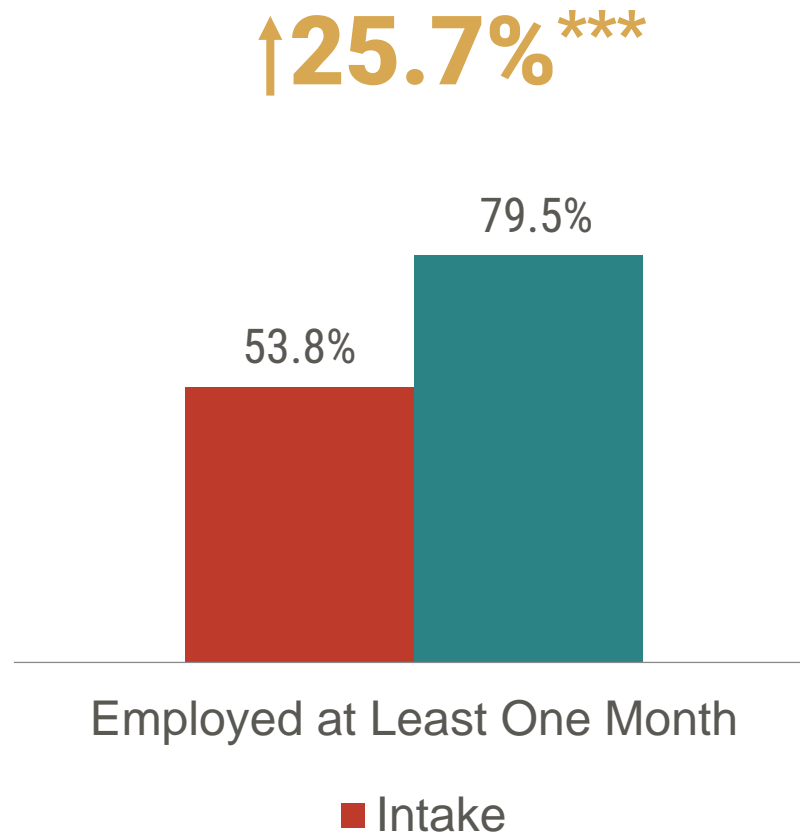
Education and Employment

Education



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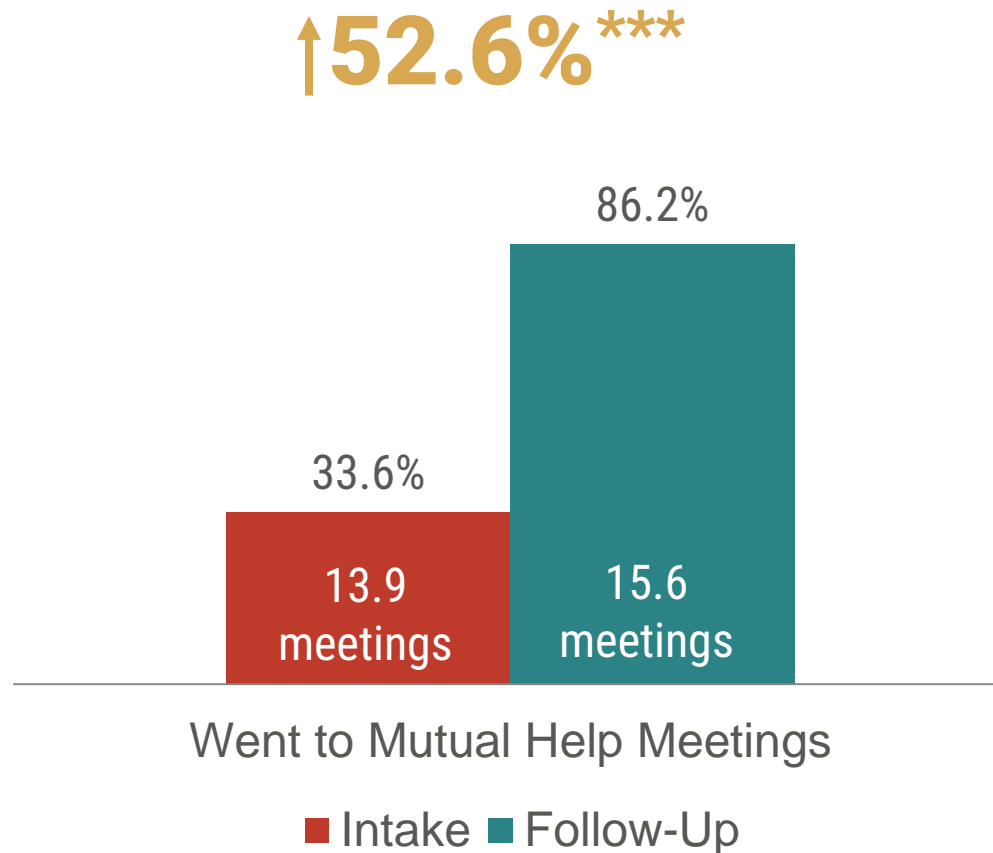
Employment



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Recovery Support

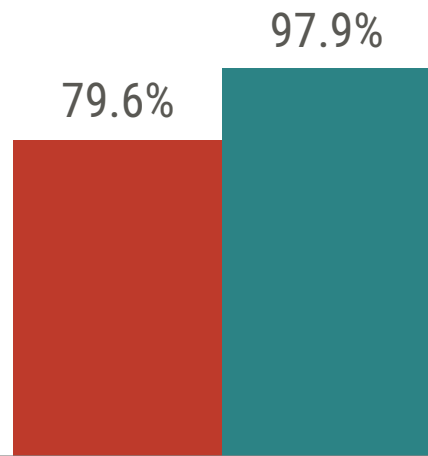
Mutual Health Recovery Group Meetings



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Recovery Supportive Interactions

↑18.3%***



Recovery Supportive Interactions
With Family/Friends

■ Intake ■ Follow-up



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Return in *Avoided Costs*

Return on Investment in Recovery



\$2.71

Estimated return for
each dollar invested

Examining the total avoided costs in relation to expenditures on recovery services, it is estimated that for every dollar spent on recovery services, there was a \$2.71 return in avoided costs.

Quality Of Life Ratings & Client Satisfaction

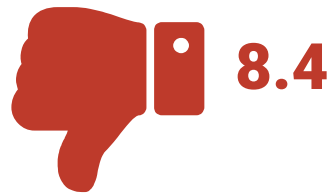
Overall Quality of Life***



Ratings were from 1='Worst imaginable' to 5='Good and bad parts were about equal' to 10='Best imaginable'.

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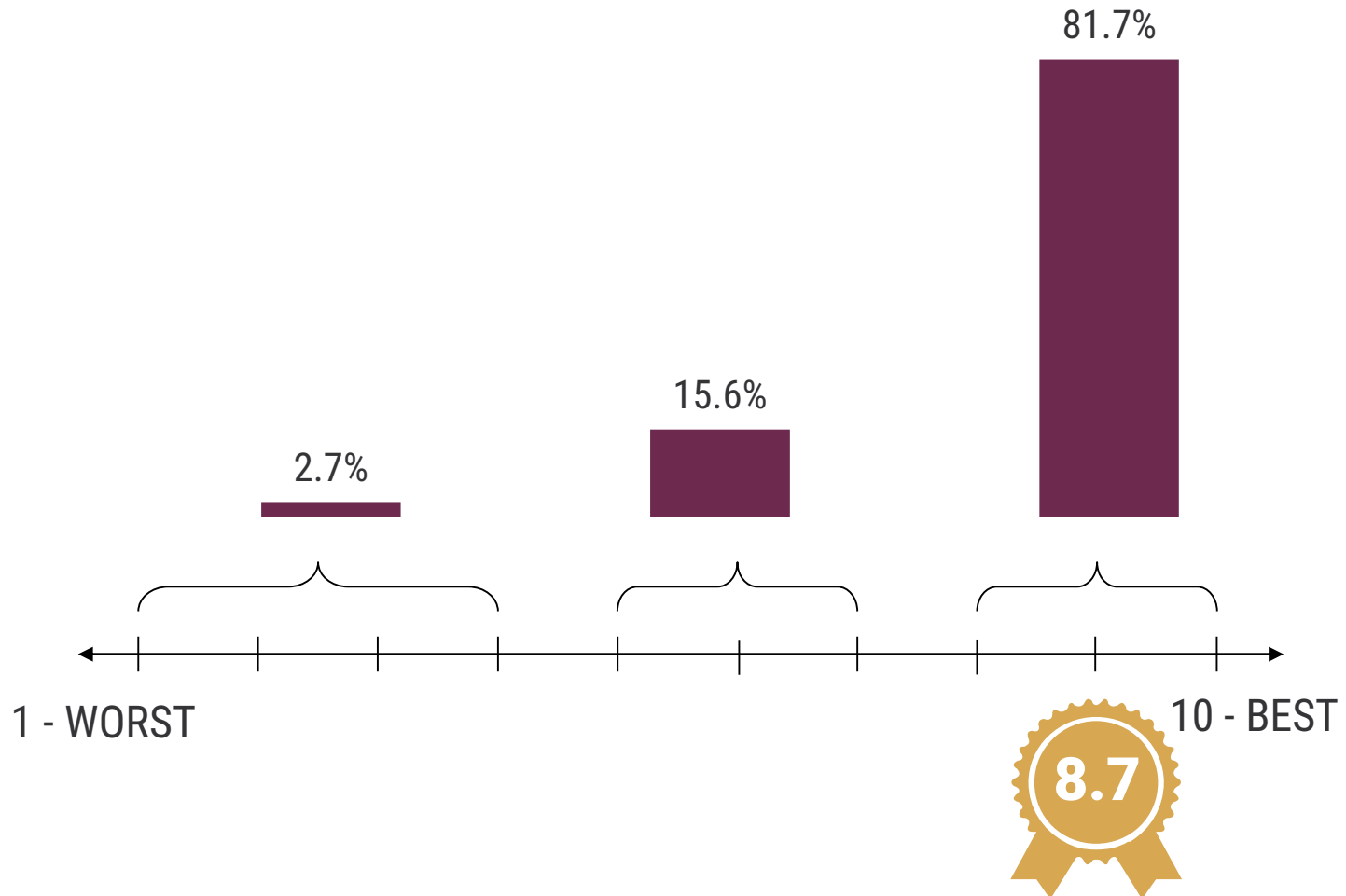
Satisfaction with Life***



Ratings were from 1 'Extremely dissatisfied' to 5 'Extremely satisfied'. Scale scores were a sum of the five items and ranged from 5 which indicates the client is extremely dissatisfied with her current life to 25 which indicates the client is highly satisfied with her life.

***p < .001.

Client Rating of Experience In Recovery Kentucky



Conclusion

Significant Decreases In



Substance Use



Mental Health



Criminal Justice
Involvement



Homelessness

Significant increases in



Overall Quality
of Life



Living in Own
Home



Recovery
Supports



Employment

Considerations

More men use
alcohol at
intake



Women have more
anxiety, depression
and stress at intake



Fewer women are
employed at intake,
make less than men at
intake and follow-up



Women have lower
quality of life, more
negative emotions, and
less satisfaction with
life at intake



Limitations

- No random assignment
- No similar control group
- Self-selection
- Self-report

Thank You

For more information contact:

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